

## Event Report On

### “ Clearing the Mental Clutter: Approaches to a Peaceful Mind”

12<sup>th</sup> November, 2025

## “Letting go of mental baggage frees you to embrace possibility and peace”

A session on Decluttering of mind was conducted on 12<sup>th</sup> November, 2025 at sharda girls hostel to help them understand the importance of letting go of their mental balance, by our College principal, Dr. Maulika Patel. She emphasized the connection between a tidy external environment and mental clarity. The session introduced practical techniques like mindful breathing, journaling and prioritizing to help students manage stress and maintain emotional balance. Her talk received positive feedback for its relatable insights and interactive approach.

In addition of the expert talk, a Room Cleaning and Decoration competition was organized before the session, on 5<sup>th</sup> November, 2025 in the hostel premises. The competition encouraged the students to maintain neat and hygienic living spaces while creatively decorating their rooms using eco-friendly materials.

The event concluded with the prize distribution ceremony, followed by a group photo session that captured the spirit of teamwork and joy. Overall, the competition not only enhanced hostel cleanliness but also encouraged students to adopt a more mindful and organized life.

### Event highlights

